

# Servings of Carbohydrates

## Starch Serving: 15 grams

Bagel, 1 oz (1/4 of a large)  
Baked beans, 1/3 cup  
Biscuit, 2" small  
Bread, 1 slice (1 oz)  
Bun, hotdog or hamburger, 1/2 (1 oz)  
Cereal, bran or shredded wheat, 1/2 cup  
Cereal, granola, 1/4 cup  
Chips, large restaurant tortilla, 7 chips  
Chips, regular, 9-13 chips  
Corn, 1/2 cup or 1/2 5-6" cob  
Cornbread, about 2" square  
Couscous cooked, 1/3 cup  
Crackers, 6 saltine type  
Dried beans, peas and lentils cooked, 1/2 cup  
English muffin, 1/2  
French bread, sub roll, 2 inches  
Graham crackers, 1 1/2 sheet or 3 squares  
Green peas, 1/2 cup  
Grits cooked, 1/2 cup  
Oatmeal cooked, 1/2 cup  
Pancake or waffle, 4" across, 1  
Pasta, whole wheat or white, cooked, 1/3 cup  
Pasta sauce, 1/2 cup  
Pita bread (6 inch), 1/2  
Popcorn, 3 cups  
Potatoes, 1/2 cup (mashed) or 3 oz (baked)  
Pretzels, 3/4 oz (12 small or 6 large)  
Pumpkin, no added sugar, 1 cup  
Rice, white or brown, cooked, 1/3 cup  
Roll, 1 oz (1 plain, small)  
Taco shell (5 inch), 2  
Tortilla (6 inch), 1  
Winter squash cooked (acorn or butternut), 1 cup  
Yam, sweet potato cooked, 1/2 cup

## Fruit Serving: 15 grams

Apple, 1 (4 oz)  
Applesauce, unsweetened, 1/2 cup  
Banana, 4 oz (1/2 large or 4 inches)  
Blackberries or blueberries, 3/4 cup  
Canned fruit, unsweetened, 1/2 cup  
Cantaloupe, 1 cup cubed (11 oz)  
Cherries, 12 (3 oz)  
Dried fruits, 2 Tbsp  
Figs, 2 (3 1/2 oz)  
Fresh fruit (round), 1 hand-sized or tennis ball size  
Fresh fruit (diced or cut up), 1/2 cup  
Fruit juice, 3-4 oz  
Grapes, 17 (3 oz)  
Grapefruit, 1/2 (11 oz)  
Honeydew melon, 1 cup cubed (10 oz)  
Kiwi, 3 1/2 oz  
Mango, 1/2 cup (5 1/2 oz)  
Nectarine, 1 (5 oz)  
Orange, 1 (6 1/2 oz)  
Peach, 1 (6 oz)  
Pear, 1 (4 oz)  
Pineapple, 3/4 cup  
Plum, 2 (5 oz)  
Raspberries, 1 cup  
Strawberries, whole berries, 1 1/4 cup  
Watermelon, 1 1/4 cups cubed (13 1/2 oz)

## Milk Serving: 12 grams

Chocolate milk, 1/2 cup  
Dry milk, 1/3 cup  
Eggnog, 1/2 cup  
Evaporated milk, 1/2 cup  
Milk, buttermilk, or soymilk, 1 cup (8 oz)  
Yogurt, plain, unsweetened, 1 cup (8 oz)

## Servings of Non-Carbohydrates

### Non-starchy Vegetables

Artichoke  
 Asparagus  
 Baby corn  
 Bamboo shoots  
 Beans (green, wax, Italian)  
 Bean sprouts  
 Beets  
 Broccoli  
 Brussels sprouts  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Cucumber  
 Eggplant  
 Green onions or scallions  
 Greens (collard, kale, mustard, turnip)  
 Hearts of palm  
 Leeks  
 Mirliton  
 Mushrooms  
 Okra  
 Onions  
 Pea pods  
 Peppers  
 Radishes  
 Rutabaga  
 Salad greens  
 Sauerkraut  
 Spinach  
 Squash (summer/yellow)  
 Sugar snap peas  
 Tomato  
 Tomato sauce  
 Turnips  
 Water chestnuts  
 Zucchini

### Meat/Protein

Bacon (center cut)  
 Beef (90-95% lean, choice, select, ground round, round, sirloin, tenderloin)  
 Beef jerky  
 Cottage cheese  
 Cheese (feta, mozzarella, reduced-fat cheeses, string)  
 Chicken (skinless, boneless)  
 Egg  
 Egg substitutes  
 Egg whites  
 Fish  
 Game (buffalo, ostrich, rabbit, venison/deer)  
 Hot dog (3 grams of fat or less per oz)  
 Lamb (chop, leg, or roast)  
 Luncheon meats (deli thin-sliced meats, turkey ham)  
 Pork (Canadian bacon, rib or loin chop/roast, ham, tenderloin)  
 Roast (chuck, loin, rib, round, rump)  
 Sausage (5 grams of fat or less per oz)  
 Shellfish  
 Steak (cubed, filet, flank, porterhouse, sirloin, T-bone)  
 Tofu (light)  
 Veal (loin chop, roast)

### Fats

Avocado	Oil (canola, olive, peanut)
Butter (limit)	
Cream (limit)	Olives
Coconut (limit)	Salad dressing
Cream cheese (limit)	Seeds
Lard (limit)	Shortening, solid (limit)
Margarine (soft tub, trans fat free)	Sour cream (limit)
Mayonnaise	
Nuts	
Nut butters	

Limit= limit eating these foods that are high in saturated fat.